

Ayelet Segal

Telos

From Theory to Practice

A Voyage on the Way to Ascension

Guided by Adama – Telos High Priest
and Other Entities of Light

Contenido de Semrik

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***To my parents, Pearl and Judah Diamant,
who gave me their love and the breath of life.
Saar, my beloved husband, his patience gave me the
freedom to journey.
And to dear Victoria, my mentor who accompanied me
on my journey's way to Telos.***

Dedication

I dedicate this book to all the souls awakening at this time to the new age.

To all whose hearts vibrate with the frequency of love, to all who are on the journey to the light, the journey of life—the eternal life of the soul.

I dedicate this book to all the inhabitants of the Middle East who yearn for a serene and harmonious life, who yearn for a life of action, creation, and love.

I dedicate this book to the High Priest, Adama, who has accompanied me on the most exciting journey of my life; to the beloved children of Telos; to the exalted masters; to my friend Duniyao and to all the people of the marvelous light city.

Thanks

Thanks to the Creator of the World, who opened before me the gates of heaven.

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Preface

My personal story: 2010

Mt. Shasta changed my life. I knew this a year earlier when I closed the book, *Telos, Volume 2, Messages for the Enlightenment of a Humanity in Transformation*, by Aurelia Louise Jones, author of the Telos Book Series telling the story of the City of Light, Telos.

Two months before my thirty-fifth birthday, I received a gift from my older brother: a ticket to fly to the U.S. for the wedding of friends. It was clear to me that the wedding was a cover for the true purpose of the trip—a visit to Mt. Shasta. Deep in my heart, I knew I was about to have the experience of my life on the mountain.

The day before my birthday, I arrived in the town of Mount Shasta in northern California, where I was received by four angels in human form. The angels were representatives of Telos-USA who had come to meet me, a representative of Telos-Israel, an organization still taking shape at that time. The angels knew how to make me feel comfortable and create a sense of calm and great love.

After indulging ourselves at a charming restaurant, we held our first meditation in one of their homes.

This meditation was visited by the spirit of Master St. Germain. In the course of the meditation, all who were present entered the mountain crater by means of an etheric chariot. We followed a guide who led us to a pool of water in an enchanting natural stream. Entering a crystal cave, we continued behind the guide as he led us to a lift, which took us into the depths of the earth.

Six chairs awaited us there. In the sixth chair sat St. Germain, and it was he who gave us a message. His message was that we must continue the wonderful work we were doing for humanity, for nature, and for Planet Earth. We were told that the people of the city of Telos were working toward the enlightenment of the world and raising the level of consciousness, that we must continue the light work in which we were engaged. It was a warm and cordial message. I remember how, during the channeling, Aurelia's cat, Angelo, came to us and began conversing with the Master.

On Monday morning, my thirty-fifth birthday, we met again in order to conduct an ascension ceremony of spiritual expression of intentions. The ceremony was very powerful, and moved me to tears. In the room stood a chair draped in golden cloth; on the table were pictures of the High Priest Adama, of Master St. Germain, of Master Serapis Bey, and also of Aurelia. The ceremony opened with a prayer and the masters were invited in, and all present took turns sitting on the chair and expressing their intentions. As I sat on the chair, I felt my body becoming warmer and my heart expanding. I expressed my intention to work for humanity,

to illuminate the awakening of humanity, and to give of my life to this goal. I expressed my intentions in Hebrew, and in closing even said a certain prayer—although I don't know how and from where I knew it, since my upbringing was strictly secular.

I left the ceremony greatly moved, still unable to assimilate all the expansion that had taken place in such a short time. I recall that the friends from Telos-USA urged me to make haste and reach the mountain, because I must undergo something important there. I felt they knew something I didn't. . .

They took me to a store for camping gear, where I bought equipment to hike on the snow-covered mountain. We then set off for the mountain. My excitement was growing, and although I didn't know what lay in store for me, I was sure this was going to be the most wonderful birthday I had ever had.

We drove higher and higher up the mountain, with some two and a half meters of snow lining parts of the road. The friends who were with me said it had been snowing incessantly until the day before, and I felt that the snow had actually stopped falling in my honor. The sun was out, smiling down from a clear, cloudless sky. I took leave of my friends and climbed the mountain. With special walking shoes and support poles, I ascended higher and higher, singing to myself. I reached a flat platform and wondered where I should go from there.

I noticed a further ascent to a higher area, and in my climbing boots and snow shoes, I headed in that direction, singing a cheerful song I made up on this wonderful day.

The sun shone. I climbed and climbed, and when I arrived, I sat down overlooking the crater of the mountain, opposite an enormous pine tree. My heart rate accelerated from the strenuous climb, then returned to normal and my body grew calm. The connection was immediate; the vibrations in my body rose rapidly.

Then a dragon named Orelia arrived and took me on his wings. At first, I was fearful, but very soon felt the freedom of rapid flight. We flew up above the trees and above the mountain, circled the mountain a few times, then entered it and came out of it several times. An enormous smile spread over my face. Orelia took me into the mountain and brought me to a room sparkling with crystals. There we parted, but not before he had sent a pink ray of love to my heart. I felt free, calm, and happy.

My heart chakra opened completely, and tears flowed from my eyes. The love of the fifth dimension began to penetrate my heart. Then Adama appeared in all his glory. He stood before me with twinkling eyes and said, "We are happy with the wonderful work you have done in such a short time." He told me to sit on a sparkling chair made of crystal, and I entered a trance until my breathing almost stopped. Only a fine thread held me; immense energy entered me through my crown chakra, and my entire body trembled. I felt an orgasm throughout my body; all the cells in my body opened. The energy continued flowing for several moments. I have no words to describe the intensity of that feeling.

"You will bring this energy to the world at large: to children, to women, to nature, to humanity. This is your role;

you have been born anew. Your life has changed; this is your choice," he said. I received a message to continue my work in education in order to help the crystal children and the indigo children, while at the same time building the center.

When the energy stopped flowing, a bright white light flashed. I felt love and serenity. I began to cry with a sense of liberation. I felt tremendous thankfulness to Adama, to Orelio, and to God, as well as a commitment to spread the light during my physical life on earth.

The first thing I did upon opening my eyes was to write down my experience, and I am most grateful to Victoria for urging me to take along pen and paper, and to write. Since that day, I have felt in my bones the desire to spread the vibrations of love and light that I experienced on the mountain, and to continue working in complete cooperation with Adama and with the masters who, step by step, are leading the expansion of Telos-Israel.

Upon my return to Israel, I began to fulfill the mission I had undertaken when I was on the mountain. My arrival landed me back in the reality of the third dimension—work, family, and friends. The landing was not easy, and I continued to float in the enjoyment of the energies of Shasta.

I must note that from the very beginning, all the predictions I received have materialized—and here is a wonderful example: while on the mountain, I was told that I would give birth to a daughter (I had three sons at the time). Indeed, I very soon became pregnant for the fourth time, and, as I was told on the mountain, was granted a daughter—proof of the existence and realization of the words of the High Priest Adama.

The journey to Telos takes place on a path of absolute faith, a path on which the connection to the sacred heart is essential, a path on which one deals with challenging lessons. Today I am aware how far those lessons have taken me on my personal spiritual journey, as well as on my journey as part of Telos-Israel.

One day during that period, I felt the urge to go to the sea. I wrote at the time in my notebook:

“I sit facing the sea, which calms me and detaches me from the confusion between reality and imagination, between the third dimension, which is the material dimension, and the fifth dimension that is in my imagination.”

My life did indeed change. My soul opened to the secrets of the universe, to the new age, to inner awakening. There are no words to describe the scale of the sublime experience I have undergone, which flows within me and makes me feel endless longing for home, for the place where everything began long before I bravely chose to enter the cycles of free choice.

Lemuria—enchanted continent, paradise of truth, of joy, and of so much love. At present there are only hints, sparks of light trying to enter blocked human memory—blocked by choice. The difficulty of continuing to play the game is enormous, and fleeing to the imagination does not always help; yet the magic exists and so does the reason, so the “great performer” carries on playing out the scenes of life.

I see in this a mission. How does a light worker illuminate the unawakened? With a great deal of determination and charisma—but ultimately the choice is theirs to make, through their own free will.

There on the mountain, when everything was open, serene, peaceful, and loving, it was clear to me again, for a split second, why I had returned. I was taken on a journey to Telos, a journey in time where I met my Lemurian family and connected to my existence in the City of Light, Telos. That in itself, was a powerful experience. A strong ray of light illuminated me, and I met the noble, strong figure of Adama. Adama presented himself as my father, a beautiful and accepting figure. I am surrounded by love from them all, and know they are at my side, helping, supporting, and communicating.

Today I choose again to live my life as Ayelet, mother to my children and partner to my husband, in the paradise in which I live. I choose to bestow unconditional love on humanity and to contribute to raising human consciousness.

Thank you, dear ones. Thank you, Ayelet.

Greeting from Adama

Good evening and welcome. This is Adama, High Priest of Telos, welcoming you.

We are happy to convey to you at this time the energy that will open your hearts and connect you with the ancient knowledge that is within you. This knowledge will guide you, human beings, on the spiritual path in the third dimension in which you exist. The game goes on, time is progressing, and we are with you at this time, through the cooperation of the sons of light that exist in the higher dimensions with the sons of light in the dense third dimension, who are open to receiving the divine light.

The dimension in which you live is still dense and full of hardship; these hardships sometimes cause you to lose connection with the supreme creator and return to working in an automatic way, without opening the heart. You are accustomed to functioning through the brain, but the brain cannot connect you to the higher dimensions because these dimensions must be accessed through the heart; it must be done without ego, without judgment, without competitiveness and without the personal agenda

so characteristic of human beings. Connection with the higher dimensions must be from that sacred place: the connection with the creator of the world who is both your father and your mother, who created and is still creating all the creatures that exist in the present universe and in parallel universes.

My dear ones, we in the city of light, Telos, are happy to see the people of ancient Lemuria awakening to the memories and to the light, the light in which we lived in harmony in a bygone age, before the sinking of the continent. This is the light that exists in the families of your soul—those who still live in Lemuria, on the planet of Lemuria, full of light and created out of a feeling of love and harmony. These Lemurians live lives whose purpose is to plant the seeds of love from which all the races of humanity were created. My dear ones, today the light illuminates almost ninety percent of the planet. We are not satisfied with this, however, and continue to work so that this universe and all parallel universes will be in the light.

Know that at this time, many are arriving from stars that exist in distant universes in order to observe the awakening of humanity and the changes the planet is undergoing. Many different peoples and races are interested in the change and feel that the desire to live in harmony, love, and peace is at its greatest and most powerful intensity in the history of humanity. This experience will be realized as the sons of light continue to awaken; thus, the joy is great in Telos and in many other cities of light on the planet.

Have you visited the cities of light found beneath the pyramids of Egypt recently? Have you visited the light

cities beneath the monasteries of Tibet or those in South America? In all of them, there are light entities engaged in enlightening the earth and in creating balance among all living above ground; the tempo of their work is accelerating as time accelerates even more; the planet is revolving faster than in the past (soon your scientists will have questions about the earth's rotation on its axis and its revolution around the sun) and the seasons of the year are changing. The familiar is disappearing and the new that is being created every day is taking its place.

We in Telos are working in places that are important energetic portals with light groups from all over the planet, including sons and daughters of Lemuria and sons and daughters of Telos. We invite you to visit our temples and their many levels of healing. Come with your children, and see for yourselves that through a link between your children and the children of Telos, knowledge of the light will arise in your children. Some light entities incarnated on earth at this time find themselves caught on the astral plane and come to us for treatment and day-to-day instruction in the ways of light. We invite you to meet with the masters and learn how to reform your organizations in their struggle for light, justice, and equality.

This is a time of change among the sons of light, in which the new will push aside the old. Your communities will be broken down and built anew, and the new energy will enter the dark places and enlighten them. All societies, which are today damaged, will undergo transformation to become supporting and loving communities in which the strong

support the weak, the happy embrace those who are sad, and the optimistic encourage those who are pessimistic.

This period will bring great innovation to Planet Earth. Over the years, we have developed an underground network of life based on light and love and energies whose source is the supreme creator. Today we are connected to all the cities of earth that exist underground and now is the time for their unveiling. The network of these cities was established with the support of angels and light entities from many levels. Indeed, fairly quickly, many entities on Planet Earth have awakened, and awakened both those in the cluster with whom they incarnated into this life, as well as those in their circles of influence. It is important to reach as many entities as possible; we invite you and will help you to “synchronize” with these light entities to expand and radiate the light together.

The purpose of this book is to speak of the enlightenment in the Middle East, and to make clear the importance of those light entities who have made the unique journey to connect with the Lemurian energy of love that exists throughout the world.

I, Adama, who represent the light people in Telos, see this mission as supremely important in order to raise the vibration of Planet Earth. A great leap forward will happen when the inhabitants of the area understand that there is only one way that works, and that is the way of the heart.

Part I

The Enlightenment of the Middle East



The souls in the region yearn for peace between the two peoples, the Ishmaelite ¹ and the Jewish—and peace will indeed come.

¹ According to the Book of Genesis, Ishmaelites are the descendants of Ishmael, the elder son of Abraham

The Story of the Middle East

This is Adama, the High Priest of Telos, welcoming you.

The Middle East is one of the first regions to have been created on Planet Earth, and it is one of its energetic portals. The area had abundant rivers, streams, trees, and wildlife. Great knowledge was stored in the depths of the earth and in the mountains, among them the reddish mountains of Edom and Sinai, the first range to have been formed in the region. There were crystals deep in the earth that vibrated and influenced the entire landscape. However, the human beings in the region were not connected to the vibration of the light or the crystals, and eventually, over the years, the crystals were extinguished.

The story of the Middle East begins in the most ancient of times. Prehistoric man settled in the area, followed by primitive tribes that had not undergone evolutionary development and were completely cut off from the divine source.

When it was decided to settle light entities on earth, the only planet of choice, light entities arrived from many

different planets and universes in order to awaken the planet, to integrate into the primitive tribes and to realize the vision of the Garden of Eden. The intention was to establish a society–colony of the planet Hodiya, and from it to learn about the possibility of free choice and about faith in the power of the creator. Among the light entities that arrived in the region were the Lemurians, followed by Abraham and Judah.

The first people of Hodiya to arrive began to put down roots. A small society of people from the planet lived in the area of the Dead Sea, beneath which there is a particularly powerful crystal that helped them in the early days to keep their small community alive.

At the same time, additional entities reached the planet from other stars. Some of them settled in the area known today as Saudi Arabia, where they maintained a great civilization. Another group of entities settled in what is known today as Iran, to study the planet and engage in personal learning, with the intention of returning this knowledge to their home star.

Unlike these groups, the people of Hodiya came to Planet Earth to settle permanently. These light entities wanted to spread the light into the region and practice their beliefs through study and the connection with God. Light entities at the time were powerful because they possessed divine knowledge; their purpose was not to use their power to rule, however, but to bestow love and to build a new society for coming generations—a society that would exist on the only planet of choice, so that each soul could follow its

personal path and develop in accordance with the divine will designed for it.

Evolutionary development continued, meanwhile, and the tribespeople began to encounter the light entities. The tribespeople saw light entities as having special powers; they followed them blindly and worshipped them. Thus, the belief in deities began to develop.

The sons of light, not wanting to be worshipped, tried to teach the tribespeople to believe in the god within themselves. The tribespeople were not connected to this inner place, however, because prehistoric people were not yet highly evolved enough to hold this awareness.

As I have mentioned, Abraham too, arrived on the planet. Abraham was a great master; the purpose of his coming was to inculcate and intensify the light in human society. He came with perfect faith and a deep sense that his mission was to reawaken the light entities, who, in mingling and integrating with the tribespeople, had undergone a gradual decrease in their level of consciousness.

After Abraham, came additional messengers who disseminated and preserved the light. There were also periods in which much of humanity “closed their eyes” and fell to the third dimension of consciousness. During those periods, life in the third dimension was not easy; without technology, without progress, and without the spirit of God in their hearts, human beings began to perform acts that contradicted the vibrations of love, without compassion or giving. The vibrational level declined, even though masters arrived from time to time to restore them.

One of these masters was Jesus. His purpose was to endow humanity anew with the high vibration of compassion and love; however, he was unable to accomplish this mission and was obliged to ascend into a light body. Throughout history, the Jewish people have taken part in spreading the light. The Jews kindled the flame of God through their laws and their spiritual customs. As long as the temple existed, they continued their light work, which had a beneficial effect on the souls who were choosing to incarnate on earth.

Over time, most of the tribes became integrated into the colonies of the Sons of light and humanity was rebuilt. Souls continued to arrive on the planet for the purpose of self-learning in free choice. Some were able to maintain a more open consciousness, to connect with their "higher selves" and to realize their true capabilities. Among such souls were Mozart, Newton, Einstein, Buddha, Gandhi, and many others whose unique qualities are recorded in history.

The Middle East region has known much suffering; aggressive wars for control and power have created negative energies that have spread throughout the world. On the one hand, the Middle East, particularly Eretz Yisrael², has been a spiritual center of attraction. The three monotheistic religions were created here, and it is rich in crystals that once vibrated with great intensity. Eretz Yisrael, on the other hand, has been a key region in the link between east and west, and many rulers have wanted to dominate it in order to control the world. Despite the darkness in which the area has existed for many generations, it is important

2 The Land of Israel

to realize that its geographical location and its being one of the energetic portals on Planet Earth, make emergence from the darkness a possibility.

Indeed, with the awakening today of many light entities in the area, a fundamental change is coming about. The awakening process of the crystals has already begun. Mother Earth is already preparing herself to absorb the new energy in the area. For some time now, energies and light rays of various intensities and purposes have been entering the region with the intention of awakening its inhabitants. But remember, dear human beings, that the final result depends on you—only through you can Mother Earth carefully and efficiently absorb these powerful energies. It is you who know how to absorb these strong energies and channel the knowledge to the right people—to those who will guide people to live lives of harmony, love, and the desire to return to the ideal that once existed on earth.

As you see, wars, conquest, suffering, control, enslavement and death are all part of the human story. We, the forces of light, light entities who have realized the full potential of the star, seek to restore to it the vibrations of the era of harmony. Today, with you, we have the opportunity to accomplish this.

After the sinking of Lemuria, some of the priests, masters and other light entities decided to flee to Mt. Shasta, located in a region relatively close to the Mother continent. We were familiar with the area of the mountain, and thousands of years before the sinking, we had prepared it to take us all in with our children and family members.